

Thomasville Senior Center

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Center Closed 	3 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 9-9:45am <i>Get Strong!</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 12pm <i>Chorus</i> 2pm <i>Fitness Rm Orientation</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	4 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 10am <i>Line Dance I</i> 11am <i>Line Dance II</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	5 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 12pm <i>Chair Yoga</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	6 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>
9 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1pm <i>Legal Aid (appt)</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	10 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 9-9:45am <i>Get Strong!</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 12pm <i>Chorus</i> 2pm <i>Fitness Rm Orientation</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	11 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 10am <i>Line Dance I</i> 11am <i>Line Dance II</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	12 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 12pm <i>Phase 10</i> 1pm <i>Chair Yoga</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	13 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>
16 Center Closed 	17 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 9-9:45am <i>Get Strong!</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 12pm <i>Chorus</i> 2pm <i>Fitness Rm Orientation</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	18 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 10am <i>Line Dance I</i> 11am <i>Line Dance II</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	19 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 1pm <i>Chair Yoga</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	20 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i> 2 pm New Year, Less Stress!
23 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	24 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 9-9:45am <i>Get Strong!</i> 10-12 pm Crochet Class 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 12pm <i>Chorus</i> 2pm <i>Fitness Rm Orientation</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	25 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 10am <i>Line Dance I</i> 11am <i>Line Dance II</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	26 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>Phase 10</i> 1pm <i>Chair Yoga</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wi</i> 5:30 pm Shag Class	27 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 10 am Senior Tar Heel Legislature 11:30-1pm <i>Cornhole</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>
30 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 11:30-1pm <i>Cornhole</i> 12pm <i>AHOY Exercise</i> 12-4pm <i>Phase 10</i> 1-4pm <i>Pickleball (BCH)</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>	31 8am-4:50pm <i>Computer Lab</i> 8am-4:30pm <i>Fitness Room</i> 9-9:45am <i>Get Strong!</i> 10-12 pm Crochet Class 12pm <i>Phase 10</i> 12pm <i>Chorus</i> 1 pm Valentine's Wreath Class 2pm <i>Bingo</i> 8am-5pm <i>Puzzles/Games/</i> <i>Table Tennis/Wii</i>			